

Saucepan Brownies Good in Lunchbox

By BEA WEBB
Southern California Gas Co.
Home Economist
Lunch Packing Time

School time is here again and along with the familiar school schedule and homework comes school lunches. Variety is the spice of lunches as well as life, so why not start a card file of different ideas. Then when ideas are running low, the card can be used to help with new suggestions.

Pointers to remember in packing lunches are to pack the heavy items on the bottom, and to remember the napkin or salt and pepper, if they are needed. A surprise packed in with the lunch makes it much more interesting; and lettuce for sandwiches should be packaged separately so that it will stay crisper.

Remember too that spoilage can occur in home packed lunches as easily as it can in the picnic lunches that are packed for summer outings. Therefore, the choice of food should be made accordingly, especially during the warmer months of September and October.

Well-Balanced Diet
Foods should be chosen to complete well-balanced diets. Fruits and salads are important for lunch as well as dinner. A salad composed of carrot sticks, celery sticks and cherry tomatoes would give extra nutrients as well as variety. Perhaps pimiento cheese stuffed celery would be a good addition to the lunch.

Cheese in any form is an

excellent source of calcium and protein. One ounce of cheese provides just about as much calcium as does one cup of whole milk. Try and include cheese in the lunch—sliced or cubed, especially if a low protein sandwich, such as a jelly sandwich is used. An hors d'oeuvre idea that is quite adaptable for packed lunches is the combination of cheddar cheese cubes and pineapple chunks on a toothpick.

A variety of breads are important and give different flavors to the same fillings. Look for the enriched varieties of breads for extra food value.

Sandwich Fillings
Sandwich fillings can become the most routine and uninteresting part of a lunch—unless they are varied often. Cooked ground meats can be the basis of many different fillings. Try making them with pickle relish or minced onion or cranberry jelly. Drained canned crushed pineapple or grated cheese or chopped apple also are good combinations with the ground meats.

Hard cooked eggs are usually thought of in relation to a basic egg salad sandwich. Add variety to this mixing in crisp bacon or chives or carrots or sliced ripe olives. Extra protein is good when it is in the form of deviled ham or chopped corned beef or sliced franks added to the egg salad.

Peanut butter seems to be a favorite sandwich filling for school children— from ages six—through college. In place of having jelly as the accompaniment try applesauce or sliced dates or grated carrots. Chopped apple or crisp bacon or raisins or marshmallow cream work well also.

A couple of different fillings that are quite good are equal parts of ground salted peanuts and grated carrot mixed with enough mayonnaise or salad dressing to moisten; also cream cheese combined with chopped dried apricots or other dried fruit.

Complete the packed lunch with a treat as this Gas Company recipe for saucepan brownies.

SAUCEPAN BROWNIES

(16 Cookies)

- 3/4 cup sifted flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 sq. unsweetened chocolate
- 1/2 cup chopped walnuts
- 1/3 cup margarine
- 1 cup sugar
- 1/2 tsp. vanilla
- 2 eggs

1. Put chocolate and margarine into a 1 1/2 qt. sauce-



PREPARING FOR the annual Asian Affairs Day at Marymount College on Saturday, Oct. 26, are (from left) Mrs. Felix Bagacino, Mrs. Robert F. Lande and Mrs. Ambrosia del Rosario, who will take part in the day-long program which will include outstanding speakers, exhibits, entertainment, and native-flavored lunch, tea and dinner. Mrs. Lande is serving as co-chairman of the event.

AFS Sets Fashion Fantasy

A dessert fashions show will be held at the Torrance Recreation Center, 3341 Torrance, Blvd., at 8 p.m. Thursday Nov. 14, as a fund raising event for the American Field Service, Torrance chapter.

Proceeds will be used to bring a foreign student to the four Torrance high schools next year.

Tickets may be reserved by calling Mrs. John Hughes, chairman of the event, at FR 5-4797 or Mrs. Joseph Dock, president of the chapter, FR 8-6063, or purchased at the door. Donation is \$2.

Fashions by the Houses of Chanvictor will feature clothes for the teenager to the mature women; including sportswear, prom dresses, knits, and dressier clothes for the holiday season.

Assisting Mrs. Hughes will be Mmes. George Crabtree, dessert; Mary Bartholomew tickets; Robert Sullivan, decorations; and Ernest Neu, raffle.

Torrance chapter has sponsored 25 students in eight years and has sent 18 American teenagers overseas for summer and winter.

Attending Torrance high schools this under AFS auspices are Anne Marie Horn of Norway at South High; Clovis Bender of Brazil attending West High; and Myrtle Luboff of South Africa attending Torrance High School.

GLORY
That glory only is imperishable which is fixed in one's own make-up.
—Mary Baker Eddy

AFS Americans Abroad Semi-Finalists Named

Semi-finalists in the Americans Aboard program of the Torrance Chapter, American Field Service, were announced this week by Mrs. William Radcliffe, chairman.

Candidates for the school program from South High are Jo Anne Burkus, senior, and Carol Bonnette, junior. Don Stolley and Roxanne Werden, both juniors, are South High candidates for

AFS Americans Abroad Semi-Finalists Named

community people, and two American Field Service chapter members. Selection was on the basis of adaptability, personality, interest in people, leadership, and maturity.

Announcement of the finalists will come from American Field Service headquarters in New York in January of February. Finalists will be placed according to the homes available overseas and the matching of the student's interests with those of applying foreign families.

Miss Michele Sullivan, last year's American Abroad from the Torrance chapter, spent three months in Kiel, Germany.

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WOMAN IN WHITE

By ETHELYN BATTLES, LVN

THE STROKE PATIENT:

Apoplexy is another term which refers to this condition. It is often caused by a clot (thrombus) in the brain, or in one of the carotid arteries in the neck.

Narrowing of the arteries, decreasing the supply of blood to the brain; or a ruptured blood vessel in the brain, are other causes.

A stroke may be light and the effects brief. When paralysis occurs on one side it is called hemiplegia. Aphasia is difficulty of speaking, or a complete loss of speech. It may involve a total loss of ability to communicate.

Today many stroke patients recover sufficiently to have useful, interesting lives, some return to normal. Great advances have been made in all phases of their treatment, even surgery has been performed with good results for some cases.

THE HOME CARE of the stroke patient with paralysis may involve both bedside nursing and rehabilitation. The acute phase is usually treated in a hospital. In addition to good basic nursing care which has been discussed previously, emphasis is placed on maintaining good posture in bed; prevention of bed sores and pneumonia; passive and active exercise.

GOOD POSTURE in bed should begin right after a stroke. The doctor will give instructions for the individual's problem, but in general the patient should be in a straight position. Keep the weight of the top bedding off the feet by use of a footboard. Place rolled washcloth in affected hand to keep it from closing tight.

EXTRA CARE should be given to the skin, and position changed often as soon as permitted to help prevent bed sores, and pneumonia which can occur in patients who lie in the same position too long. When patient can be turned massage lower back area with a lotion.

PASSIVE AND ACTIVE exercises including self-help

activities are started as soon as the doctor thinks it is advisable. Self-help activities provide exercise and prevent complete dependency on others.

PROTECTION from falling out of bed may be a necessary measure. For emergency or temporary use anchor a padded board securely with rope to the bed for a safety bedside on the open side. For prolonged use it is better to rent a hospital bed.

If you do not need one it will be easier to care for the patient if you raise the height of the bed by placing wooden or concrete blocks size and strength, under each post. If the mattress is piece of plywood underneath it.

Try to anticipate the needs of the aphasic patient. Work out some means of communicating if possible. These patients and those who appear unconscious may know what is going on around them so be tactful, and pleasant.

REHABILITATION is very important for the paralyzed patient who has progressed to this phase of care. It may involve retraining physically and occupationally. This requires the combined efforts of highly trained persons, the patient, and his family. All the family can participate in helping the patient reach his goal. It is a challenge which has been met successfully, and is very rewarding for all concerned.

POSTSCRIPT: While writing by column I had a patient unexpectedly—a little bird. He flew against the glass door with a terrific impact while I was sitting at my typewriter and since there was no available bird doctor, I did the best I could with my limitations as a nurse.

I held him close, supporting him carefully, and placed cold cloth on his head, reassuring him. In a little while he opened his eyes and chirped faintly.

When I saw that he could stand, I put him in a box with some water and seed, and left him alone, observing at times. He was holding his own but remained in a corner, still confused from his traumatic experience.

THE APPOINTMENT YOU'LL WISH YOU'D MADE

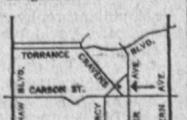
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